

THE NEXT STEP IN THE LOVE HUNGER PLAN!

THE LOVE HUNGER ACTION PLAN

**A Dynamic Lifetime
Weight-Loss and
Maintenance Program**

Dr. Sharon Sneed

The LOVE HUNGER Maintenance Plan

- 150 action tips for food and weight management
- Special ways to reduce unwanted cellulite
- Special light fare suggestions for the traveler

The New LOVE HUNGER Diet Plan

- The new 25% fat diet (a secret of long-term weight loss)
- A list of "free" foods (eat all you want)
- Recipes for alternatives to the most common "trigger" or binge foods
- Answers to the most commonly asked weight-loss questions

The LOVE HUNGER Activity/Energy/ Fitness Plan

- A fully illustrated exercise program
- At-home muscle toning
- A 45-minute, at-home circuit training program

Love Hunger Action Plan

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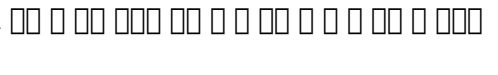
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